

Goodland man wrote song

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it big in Nashville. "I've been in a band every year since high school," he said. "At this point, I think I'd like to write, and maybe record, but let someone else do the traveling."

He has sent music to recording studios in Tennessee and he is currently working on a new song which he says will probably be on Conn's show when it is finished.

"This is a hard business to get into," Sheldon said. "Nothing has happened yet, but you never know."

In the meantime, he makes up jingles for Goodland businesses, runs music for local events, and makes records for high school students.

"It's kind of like Karaoke," Sheldon said. "They sing, and I lay down the music. Some of them are pretty good, too."

One high school girl he has been working with is going to try to get on the Con Man show, Sheldon said.

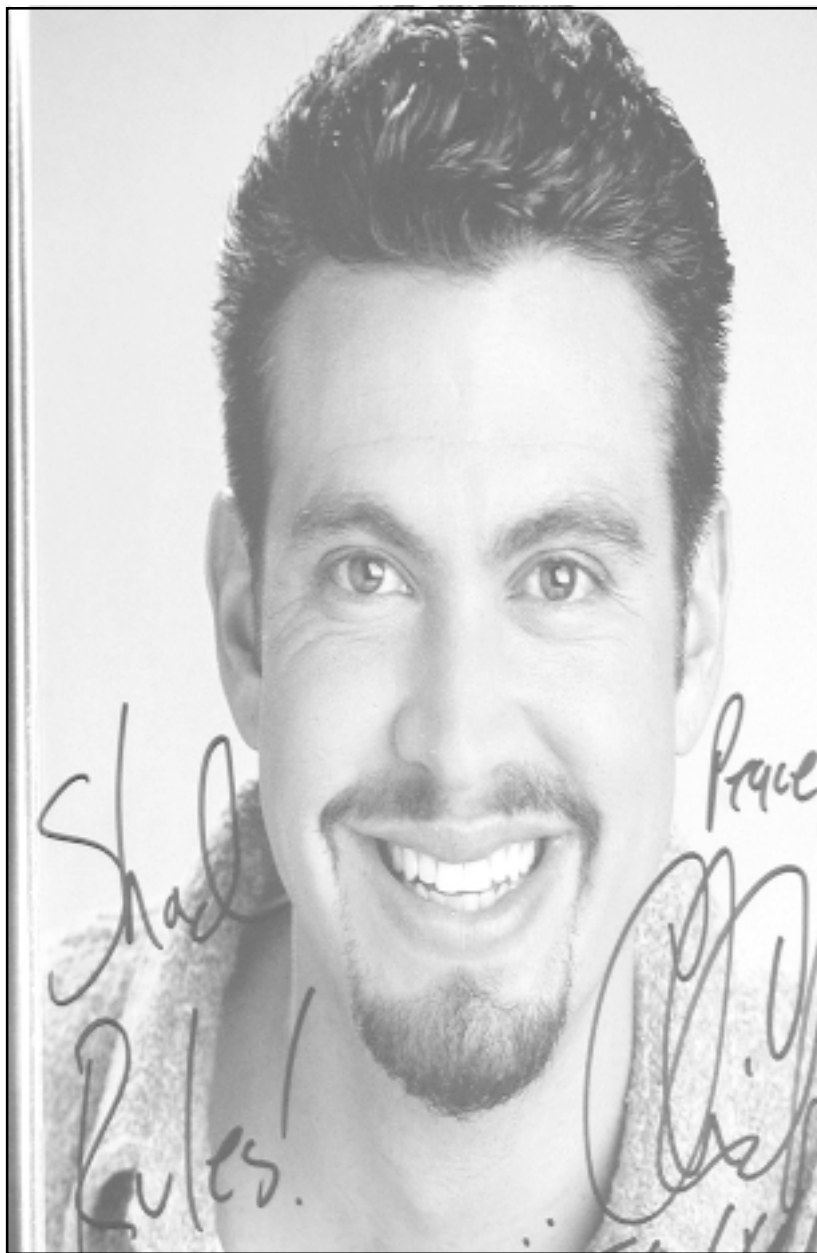
"She's got a pretty good chance of making it," he said. "She's just as good or better than other bands I've heard."

Some of the kids he works with write their own music, and Sheldon has to figure out the right chords to play. One time, he said, he had to learn to play a whole new instrument.

"I got a book out, and learned to play the mandolin note by note," he said, "I think it was worth it. The song turned out pretty well."

Sheldon says he spends about eight hours a week working on music in his basement, "not as much as I would like to."

"It's a lot of fun," he said. "I'll sit down, and the next thing I know it'll be midnight and I'll wonder where the time went."



An autographed picture of Chris "Con Man" Conn, hangs in Shad Sheldon's basement studio. Sheldon's former band, Exit 17, had a song played on the Con Man country music show about three years ago.

Photo by Doug Stephens/The Goodland Daily News

Eating healthy can become obsession

By Katherine Vogt

The Associated Press

DENVER — Dr. Steven Bratman has seen the quest for healthy eating take a sour turn from dietary vigilance to dangerous obsession.

Bratman's own extremes in dietary purity peaked in the 1970s when he was living on an organic farm in New York. He disdained to eat any vegetable that had been plucked from the ground more than 15 minutes earlier, and chewed each mouthful at least 50 times. He lectured friends on the evils of processed food and once feared a piece of pasteurized cheese would give him pneumonia.

"To be that obsessed with eating healthy food is to be really out of balance," he said in an interview from his home in Fort Collins.

Bratman coined a new term to define his illness, orthorexia nervosa. He described it as an eating disorder whose sufferers fixate on eating proper food. The term uses "ortho," which means straight, correct and true, and "nervosa" to indicate obsession.

Bratman, an expert on alternative medicine, has written several articles and a book on his theory. While the term is not recognized as a clinical diagnosis — and Bratman hasn't lobbied for such recognition — some officials in the field say he may have identified a dietary trend.

"He's on to something quite interesting," said Adam Drewnowski, director of the nutritional sciences program at University of Washington School of Public Health.

He also is a member of the task force that established official criteria for eating disorders for the American Psychiatric Association.

"I think there are consequences to being on a virtually fat-free vegetarian diet or a very restrictive diet," Drewnowski said. "(But) there's a distinction between a trend and a definable eating disorder."

Last year, Bratman detailed orthorexia nervosa in a book called, "Health Food Junkies: Overcoming the Obsession with Healthful Eating," published by Broadway Books.

Like anorexia nervosa and bulimia, the behavior of orthorexics is marked by obsession, he said.

"Eventually orthorexia reaches a point at which the orthorexic devotes most of her life to planning, purchasing, preparing and eating meals," he wrote.

"If you had a window into her inner life you'd see little else but self-condemnation for lapses, self-praise for success, strict self control to resist temptation and conceited superiority over anyone who indulges in impure dietary habits."

Transferring all value onto eating

makes it a true disorder, he said, one that is broken only when the sufferer breaks free of obsession.

Tom Billings, a 48-year-old San Francisco computer consultant and co-founder of the alternative diet Web site Beyondveg.com, believes he was orthorexic 30 years ago when he followed a diet of mostly raw fruits and vegetables.

"I had this idea that if I ate something that wasn't on this approved list that I would be impure," he said.

Billings said he thought about food all the time and was so hung up on his diet that he couldn't go out to dinner with friends.

At the same time he had anorexic tendencies, his 6-foot-1 frame plummeted to 88 pounds.

Eventually he got fed up of thinking about food all the time, and returned to a more diverse diet. He now eats raw and cooked foods, and will even eat chocolate occasionally.

"I've worked through those issues and I don't see it being a risk for myself. But I do see other people getting on restrictive diets," said Billings, who today weighs 170 pounds.

Chamber supports economic group

By Tom Betz

The Goodland Daily News

Members of the Sherman County Economic Development Council received a boost when the Goodland Area Chamber of Commerce executive board expressed support for the new group at a meeting Wednesday afternoon.

Dave Daniels, vice-chair of the new economic development board, said five members of the Chamber executive board and five members of the economic development board met at Wheat Ridge Acres Retirement Community.

Economic development board members present were Chairman Royal Reid, John Garcia, Harlan Dale House, Kim Bohme, treasurer, and Daniels.

From the Chamber there were Bill Mehling and Dane Scherling, new co-chairs; Tim Rath, economic development vice-chairman; and Debbie Lucas and Jeff Deeds, activities co-chairmen.

"It was a good meeting," Daniels said, "and the Chamber members said they were glad to see the new group getting organized."

"The Chamber members said they would support the new economic development effort, and said that when the new group was officially organized the Chamber would turn over information and any money left from what the city has given for economic development."

Daniels said the meeting was suggested by the new Chamber co-chairs Mehling and Scherling as a way to improve relations between the two groups.

"We all agreed that economic development must be an ongoing effort," Daniels said. "I felt there was a sense of genuine support for the new effort."

At an economic development board meeting Wednesday evening it was suggested that the group's name be shortened to Sherman County Economic Development. Chairman Reid said that was a recommendation from the finance committee, which met on Tuesday.

No decision was made on the name change, but board members seemed to agree by consensus to drop the word council.

There had been a tie between Reid

and Bohme in the voting and one of the two would be a one-year term and the other a two-year term. Reid volunteered to be the one-year person.

The board discussed the budget and question of memberships. Reid said the finance committee had recommended the memberships be up to the person making the donation, and that the base be set as low as possible to allow anyone to participate.

These will be part of the recommendations the board presents at the public meeting at 7 p.m., Thursday, June 20, at the Goodland Elks Lodge. Everyone is invited to the public meeting, and is asked to use the north door (left) once inside the main lobby because the south belongs to Safari Steakhouse.

Daniels said the economic development board will be meeting with the city commissioners on Monday, and the Sherman County commissioners on Tuesday.

"We have been told the city will not give any more money for economic development, but we feel we need to ask," Daniels said.

Afgan president promises healing around the world

By the Associated Press INTERNATIONAL

KABUL, Afghanistan — Swept into a more permanent office by an overwhelming margin, Hamid Karzai welcomed his selection as Afghanistan's president in the same way that he has led its fragile interim administration — by promising ethnic healing and national reconstruction to a populace hungry for peace.

Karzai's selection Thursday night — somewhere between an appointment and an election at the hands of a 1,650-member traditional grand council — marked the midpoint of a U.N.-brokered process to build a new life for a country wracked by 23 years of war and ethnic conflict.

But the secret ballot also meant a beginning — of a government many hope will be more representative than the Karzai-led interim administration installed by the agreement of a handful of Afghans in Germany last December. Karzai faces the unenviable task of broadening that government without losing support.

"He needs to listen to the cries of the nation," said Juma Gul, a delegate from Helmand province, an ethnic Pashtun stronghold in southern Afghanistan.

The grand council, or loya jirga, is based on an Afghan tradition whose purpose is to bring far-flung community leaders together for important decisions in times of need. And while this loya jirga faced complaints of intimidation, harassment and the shunting aside of certain groups, many agree the process that led to Karzai's election has been better than anything Afghans have had in years.

NEW DELHI, India — Shelling

continued on both sides of the Kashmir frontier today, killing four people, despite a plea by U.S. Defense Secretary Donald H. Rumsfeld for both sides to hold their fire.

Also today, suspected separatist militants blew up part of a bridge in Indian-controlled Kashmir, halting traffic but causing no deaths or injuries.

Despite the continued shelling in Kashmir, Indian army officers said the artillery fire was light compared to the heavy exchanges of the past month.

Police in Pakistan's portion of Kashmir said Indian shells had killed a 1-month-old baby, a 6-year-old boy, and a man and a woman in Nakyal, 160 miles to the south of Muzaffarabad. The shelling wounded eight people and destroyed one home, they said.

Army officers in Jammu, the capital of India's Jammu-Kashmir state, said five Pakistani shells landed in Nangial village in Rajauri sector, 62 miles to the north.

As he left for Washington on Thursday after two days of shuttle diplomacy between New Delhi and Islamabad, Rumsfeld had urged a halt to all artillery and mortar fire across the disputed Kashmir frontier. He said that would "begin a process of easing some of the lingering hostilities" between the two nuclear-armed neighbors.

NATIONAL

DERBY — Most of the people who filed past Martin Burnham's coffin had never met him or his wife, but they had been touched by the couple's unwavering faith while held hostage in the Philippines.

During the four-hour visitation

Thursday, Burnham's widow, Gracia, greeted the mourners as a television played slides of the couple's mission work.

"Their strength, their belief in God — it makes you appreciate people that try to make the world a better place," said Rhonda Davis as she left the funeral home.

Martin Burnham was killed last week during a firefight between the Philippine army and Abu Sayyaf rebels, who had been holding him and his wife hostage since May 27, 2001. Gracia Burnham, 43, was shot in her leg during the rescue and remains in a wheelchair. She returned home to Rose Hill on Monday.

A public memorial service for her husband is expected to draw more than 4,000 people today to the Central Christian Church in Wichita.

In the weeks before his death, Burnham asked his wife that his funeral feature a sermon by a Kansas City pastor, Clay Bowlin, and a special song, "Ashokan Farewell."

"He had some premonitions," said Jack Middleton, who helped the Burnham family make funeral arrangements.

HOUSTON — Spurred by a judge's demand that they try harder, jurors deciding Arthur Andersen's obstruction of justice case made requests for more information as they tried to break a deadlock on the eighth day of deliberations.

The panel, entering its ninth day of talks today, had been virtually silent for three days.

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